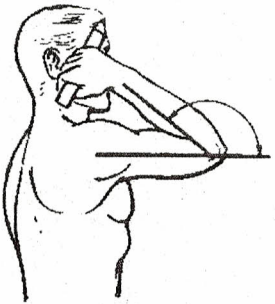
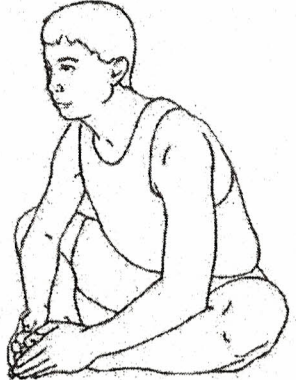
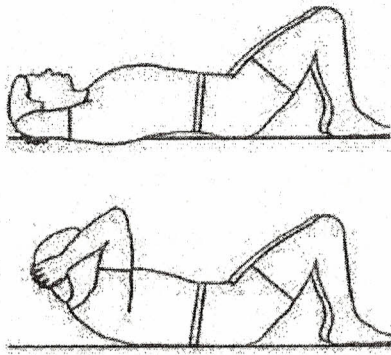
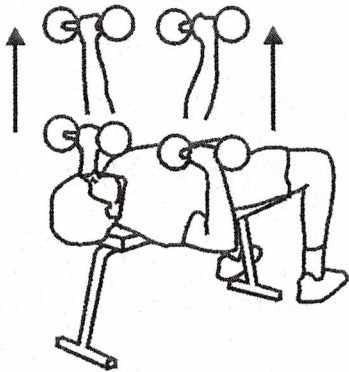

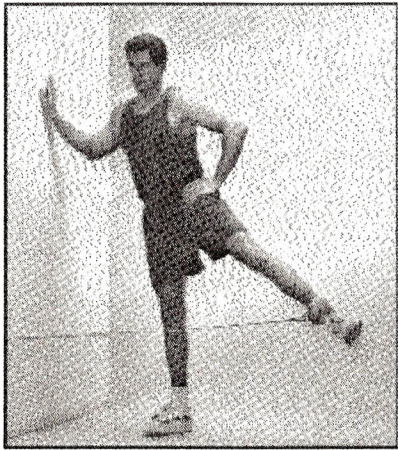
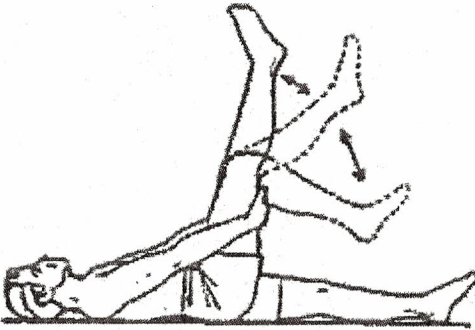
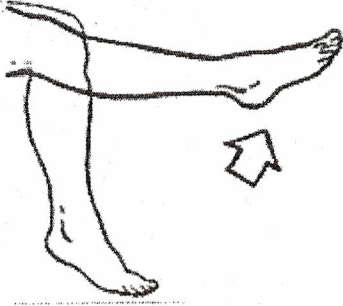
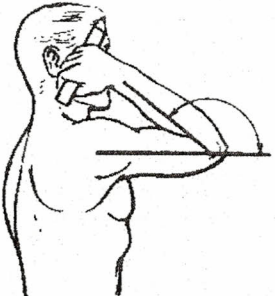

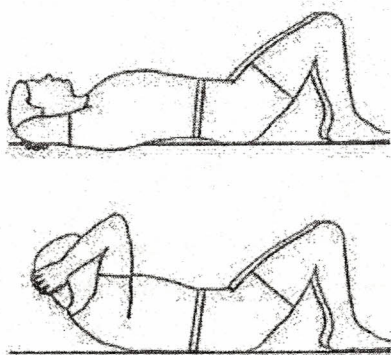
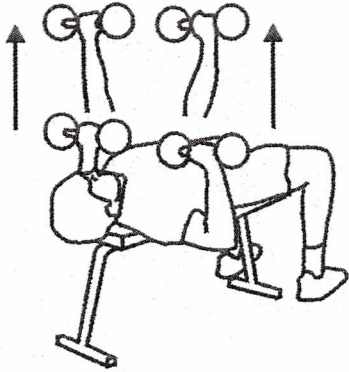


MUSCLE GROUP	ELBOW FLEXORS	GROIN	ABDOMINALS	CHEST
PICTURE				
WHAT DOES THIS GROUP DO?				
WHAT MUSCLES ARE IN THIS GROUP?	<p>1 _____ flexion of the elbow in a _____ position</p> <p>2 _____ flexion of the elbow in a _____ position</p> <p>3 _____ flexion of the elbow in a _____ position</p>	<p>1 _____ smallest</p> <p>2 _____ (short)</p> <p>3 _____ (long)</p> <p>4 _____ (largest)</p> <p>*5 _____ crosses two joint and does _____ of the knee</p>	<p>1 _____ flexes the spine "6 pack muscle"</p> <p>2 _____ superficial oblique rotates the body to the _____ side</p> <p>3 _____ deep oblique that rotates you to the _____ side</p> <p>4 _____ abdominal muscle that lateral bends you, the fibers run horizontally</p>	<p>1 _____ deep muscle that _____ the scapula</p> <p>2 _____ Large muscle that _____ the humerus in the horizontal plane</p>

MUSCLE GROUP	INVERTERS	ABDUCTORS	HAMSTRINGS	QUADS
PICTURE				
WHAT DOES THIS GROUP DO?				
WHAT MUSCLES ARE IN THIS GROUP?	<p>1 _____ in the back of the shin</p>	<p>1 _____ small but long muscle becomes a part of the IT (illio-tibial band)</p> <p>2 _____ abductor of the him</p> <p>3 _____ deep small abductor of the hip</p>	<p>1 _____ medial hamstring with a long skinny tendon</p> <p>2 _____ medial hamstring with a thicker tendon</p> <p>3 _____ lateral hamstring with two parts (a short head and a long head)</p>	<p>1 _____ medial quad</p> <p>2 _____ lateral quad</p> <p>3 _____ deep middle quad only crosses the knee joint</p> <p>4 _____ crosses the knee and also the hip causing the hip to _____.</p>



MUSCLE GROUP	ELBOW FLEXORS	GROIN	ABDOMINALS	CHEST
PICTURE				
WHAT DOES THIS GROUP DO?				
WHAT MUSCLES ARE IN THIS GROUP?	<p>1 _____ flexion of the elbow in a _____ position</p> <p>2 _____ flexion of the elbow in a _____ position</p> <p>3 _____ flexion of the elbow in a _____ position</p>	<p>1 _____ smallest</p> <p>2 _____ (short)</p> <p>3 _____ (long)</p> <p>4 _____ (largest)</p> <p>*5 _____ crosses two joint and does _____ of the knee</p>	<p>1 _____ flexes the spine "6 pack muscle"</p> <p>2 _____ superficial oblique rotates the body to the _____ side</p> <p>3 _____ deep oblique that rotates you to the _____ side</p> <p>4 _____ abdominal muscle that lateral bends you, the fibers run horizontally</p>	<p>1 _____ deep muscle that _____ the scapula</p> <p>2 _____ Large muscle that _____ the humerus in the horizontal plane</p>